

# Teen Girl

DEVOTIONAL

2026

## BIBLE

## JOURNAL

## PRAY

## SHARE

WEEK 1

The Holy Spirit not only empowers us but He also reminds us and teaches us of the truths of Jesus Christ.

The Holy Spirit is an advocate and helper to live like Jesus!

**READ:**

John 14:26

In your journal, write some of the truths of Jesus that you know to be true in your life. Write examples of times when the Holy Spirit has helped you live like Jesus.

Thank God for the gift of the Holy Spirit in your life and for the times when He has helped lead and direct you.

Ask a friend or family member to share times when the Holy Spirit has helped them live like Jesus.

WEEK 2

The Holy Spirit gives clarity and direction into the character of God and His will. Ask the Holy Spirit to speak to you and listen to what truths He wants to remind you of.

**READ:**

John 16:13

In your journal, write some things that the Holy Spirit has spoken to you about your life.

What are some of the dreams and hopes you have for the future.

Pray over your dreams and hopes for your future and allow the Holy Spirit to speak to you about each of those areas.

Create a vision wall of the things that God is speaking to you about your life.

Hang your creation somewhere in your room to pray over those areas.

WEEK 3

You were created with a purpose. God has intentionally chosen "good works" that you will accomplish in your lifetime. He has a plan for your life.

**READ:**

Ephesians 2:10

In your journal, write what it means to you to be God's masterpiece.

How does knowing God thinks of you that way make you want to live your life?

Thank God for His love and for how much He values you. Ask God to help you know what it is that He has called you to do.

Talk to your friends and family about what it means to them to know that they are God's masterpieces. Share with them what it means to you.

WEEK 4

Living in integrity guides your life into righteousness and faithfulness. When you are in right standing with the Lord and those around you, you will be blessed!

**READ:**

Proverbs 11:3

Journal about what it means to walk in integrity. What are some ways that you daily walk in integrity and stand firm in truth?

Pray and ask God to help you to be a person of integrity. Ask God to help you to have courage to stay strong when you are put in situations that do not go along with God's Word.

Talk with a friend or family member and about what it means to be a person of integrity.

How do they daily live and stand in the truths of God?

Ask them what this verse means to them and how they should live their lives.

January

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WEEK 1

What is love and how do you show it to others around you? This passage shows us the characteristics of love, which reflect who God is. Ask for His help to love others well.

**READ:**

1 Corinthians 13:4-7

In your journal, write some ways in which God has shown you how much He loves you.

How does knowing God loves you help you to love others better?

Pray and ask God to speak to your heart about a person you can show love and kindness to this week. Commit to praying for that person everyday.

Do something special for the person God has placed on your heart.

WEEK 2

God blesses those who live in tenderhearted love and humility to others. You can use the blessings God has poured out on you to bless others.

**READ:**

1 Peter 3:8-11

In your journal write the many different ways God has blessed you. Then write ways in which you can use the things God has blessed you with to be a blessing to others.

Thank God for the many blessings He has given you.

Ask your friends and family to share different ways in which God has blessed them and ways in which they have blessed others.

WEEK 3

Every worry or stress that you are carrying can be laid at the feet of Jesus. Leave your worries with Him. He will take care of you.

**READ:**

1 Peter 5:7

In your journal, write some things you are worried about. Be honest with what you are feeling and why you are worried about those things.

Pray over the list and ask God to help you trust Him with those areas.

Ask your friends and family to share how they have learned to trust God with the things they worry about.

WEEK 4

How has allowing your mind be controlled by the Holy Spirit made a difference in your life? Reflect on this today and thank God for this gift.

**READ:**

Romans 8:5-6

In your journal, write the ways that God has helped you overcome when you have had negative thoughts or actions.

Pray and ask God to help give you peace and to help your mind think about the things that God wants you to think about.

With your accountability partner talk about different things you are struggling with and ask them to pray with you.

February

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WEEK 1

No temptation is too great that God can't help you overcome. When you are being tempted, call out to God, and He will rescue you.

**READ:**

1 Corinthians 10:13

In your journal, write sins or areas in life that you are struggling with. Think about why those things may be struggles and what is something you can do in those moments when you are struggling to help you not give in to temptation.

Pray and ask God to help you in moments when you feel tempted. Maybe there are certain areas that are hard for you, and you need God to help you overcome certain things. Ask God to help you in those moments not give in to temptation.

Ask a friend or family member what they do when they are tempted.

Ask if they have an accountability partner. Who in their lives is someone they can go to and talk with about things they are struggling with.

WEEK 2

Anytime you feel worried or stressed, pray. Tell God what you need! He is the God of peace, comfort, and restoration, and He will help you.

**READ:**

Philippians 4:6

In your journal, write the needs you have and are putting your trust in God for.

Do what the Scripture this week says: Tell God what you need and thank Him for all that He has done.

Create a way to remind yourself when you are stressed and worried to pray about that area instead.

WEEK 3

Jesus gave His life so that you could be free. He does this by making you His own. Because of this, you have the power to turn from sin and receive Christ's freedom.

**READ:**

Titus 2:11-14

In your journal, write Titus 2:14 and what that verse means to you.

Thank God for the grace He has given you. For His forgiveness, and for the hope that you have in Him.

Ask your friends and family to share their testimony and how they came to know Jesus.

WEEK 4

Paul encouraged the Early Church with these words. How is your life a reflection of the gospel of Christ? Reflect on this and ask God how you might be strengthened even more.

**READ:**

Philippians 1:27

In your journal, list some of the characteristics of a Christian. What does this verse mean to you and how you live your life?

Ask God to help your life show others the good news of Jesus. Ask God to help your life be an example for others to follow.

Ask your friends and family to share ways their lives reflect the love of Christ to others.

March

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WEEK 1

Keep your eyes not on this world but on God. There will be many voices and opportunities before you, but God will reveal His perfect will for you!

**READ:**  
Romans 12:2

In your journal, write some things you struggle with that you need God to help you overcome. Write how God can help you change and grow in those areas.

Pray and ask God to help you change those areas that you struggle with. Give space and allow time for God to speak into those areas in your life.

Talk to your friends or family about how God has helped transform their lives in certain areas.

WEEK 2

What you may be trusted with right now is small, but it's still just as significant to God for you to steward it well with honesty and integrity.

**READ:**  
Luke 16:10

In your journal, write the words "faithful in the little things." Write what this means to you and how you should be living your life.

Pray and thank God for His many blessings in your life. Ask God to help you be faithful in the small things and be a person who is trustworthy and honest. Ask Him to help you if you are struggling at times.

Talk with your friends and family about what it means to be faithful in the small things. Ask about a time that, because they were faithful with something small God blessed them.

WEEK 3

This charge is laid out for believers in the Early Church. When you feel alone in your decision to follow God, let this be a reminder that you can stand firm!

**READ:**  
1 Corinthians 15:58

In your journal, write this week's verse found in 1 Corinthians 15:58. Read the passage a few times and highlight things that stick out to you in this verse. What does it speak to you?

Ask God to help you be strong and immovable in your faith. Ask Him to help you have a good work ethic and give your best in everything you do.

Read this verse to your friends and family and ask them what this verse means to them. What does being strong and immovable mean to them?

WEEK 4

Commit this verse to memory. When you are tempted again, you can proclaim Jesus' freedom over your life. No sin can keep you bound.

**READ:**  
John 8:36

In your journal, write some things you have been set free from.

Thank God for setting you free in certain areas in your life and ask Him to help you overcome the things you are struggling with.

Find a friend or person in your family and share your testimony about how God has set you free.

April

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WEEK 1

Godly friendship is rooted in loyalty, and God can give you a friend that's like a sister. These close friends are gifts to help you through difficult times.

**READ:**  
Proverbs 17:17

In your journal, list your closest friends and one quality you love about having them in your life.

Pray and thank God for the friends you listed. Ask God to bless them and to speak to your heart about how you can encourage them this week.

Do something this week to encourage those close friends in your life. Let them know that you appreciate them and love them.

WEEK 2

There is no greater relationship in this universe than with God. The crazy thing is that all we have to do to get it is spend time with Him. Don't pass up opportunities to get to know God better.

**READ:**  
James 4:8

Take your journal and find a quiet spot to spend time with God.

Put on some worship music and talk to God. Remember you can talk to Him about anything!

Talk with your friend and family members this week about what it means to come close to God. How do they come close to God in their life?

WEEK 3

There are times in our lives that we have to take a look at what kind of influence we are allowing in our lives. Which of your friends is the one you'd like to stick with for life?

**READ:**  
Proverbs 18:24

What does it mean to stick close to your friends? In the middle of your paper write the word "FRIENDS" and then write the characteristics of a good friend.

Ask God to speak to you about ways in which you can be a better friend and help those in your life.

Talk to your friends and family about what it means to be a good friend. Ask them to share what this verse means to them.

WEEK 4

The Lord invites you to receive His crown of beauty, His joy and His garment of praise. You have been created and planted to reflect His glory!

**READ:**  
Isaiah 61:3

In your journal, draw a picture of what this verse speaks to you.

Thank God that He can take all things and make them beautiful. Pray over certain areas in your life that you need to give to God and ask Him to help you be planted in trusting Him.

Talk to your friends and family about how God has taken a situation and turned it around so that if something good came from it.

May

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WEEK 1

The future was uncertain, but Ruth chose to remain loyal to Naomi. She selflessly committed herself to the family of Naomi and God blessed them both through it.

**READ:**  
Ruth 1:16

In your journal, write about when people have stayed by your side, or you have stayed by theirs. What does the word loyalty mean to you?

Pray and thank God for the people in your life who are faithful. The ones who you know are right there with you and will stand by your side no matter what is happening.

Ask your friends and family to share about times when people have stayed by their sides and how God used them. What did it mean to them knowing that person was there with them?

WEEK 2

While the world says that beauty and charm define your worth, the Bible tells a different story. You can find your true worth in the Lord alone.

**READ:**  
Proverbs 31:30

In your journal, write some words that come to mind when you think of "a woman who fears the Lord will be praised."

Pray over those words you wrote in your journal and ask God to help you live a life that honors God and brings glory to His name.

Ask a friend or family member to share the qualities they believe God thinks are valuable. In what ways can you help each other develop those qualities in your life and interactions with others?

WEEK 3

When you have godly friends, they will sharpen your life and bring you closer to Him! Who in your life does this for you?  
Pray that you can do this for someone else, too!

**READ:**  
Proverbs 27:17

In your journal, draw a picture of what this verse means to you.  
How does this verse inspire your relationships?

Pray for your friends and thank God for those friends who help you grow in your faith.

With your friends and family, talk about what it means to "sharpen each other." How do you already do this? In what ways can you be better at helping one another?

WEEK 4

Comparison is the thief of all joy. When you compare yourself to others, you lose sight of what God says about you. Ask God to help you overcome comparison.

**READ:**  
2 Corinthians 10:12

In your journal, write the word "comparison" and then cross it out. Underneath write ways you can help keep yourself from comparing your life to others.

Ask Him to reveal to you areas where you have been comparing yourself to others.  
Ask God to help you overcome comparing yourself to others.

Talk to your family and friends about comparison and what they do to help them not compare their lives to others. Ask for advice in areas in which you may be struggling. Ask if they have any areas you can pray for them about.

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WEEK 1

School is out and summer break is in full swing. It is so easy to get out of routine and forget to spend time in prayer and reading the Bible. The Bible tells us in today's verse to never stop praying!

**READ:**

1 Thessalonians 5:17

The Bible talks about praying continually. Write down that means to you.

Talk to God. He wants to hear what is on your mind and on your heart.

Ask a friend or family member if they have a special place they like to go to spend alone time with God.

WEEK 2

In your mother's womb, God created you exactly as He planned you to be. All your physical attributes have been uniquely designed by Him for you!

**READ:**

Psalms 139:13-16

In your journal, write some things that God may be speaking to you about yourself as you read this verse. How does knowing that God knew you even before you were born change the way you see yourself.

Ask God to help you see yourself the way that He has created you. Pray over the areas that you are struggling with that need His help.

Share this verse with a friend or family member. Ask them to share what this verse means to them and how they see themselves.

WEEK 3

Do you ever feel like the battle you face is impossible to win? God has more power than you can imagine. He will never leave your side.

**READ:**

2 Chronicles 20:15-17

In your journal, write how it makes you feel to know that God is always by your side and will never leave you.

Are there battles in your life that you need God to show up in? Talk to God about them.

Ask your friends and family members if there is anything you can pray for them about. Remind them that God is there with them always!

WEEK 4

A spirit of fear is not from the Lord. He gives us a spirit of power, love, and self-discipline. When you believe in it, you will be able to live it out.

**READ:**

2 Timothy 1:7

In your journal, list the things that hold you back and the areas that you have fear in when it comes to pursuing what God may be speaking to you.

Ask God to speak into those areas of fear and timidity. What is God speaking to you about in those areas?

Ask your friends and family what this verse means to them and how they live it in their lives. What do they do when fear and timidity try to step in and stop them from doing what God is calling them to do?

July

# Teen Girl

DEVOTIONAL

2026

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WEEK 1

Sometimes it can be difficult not seeing where we'll end up. We want to be there already! Know that God will complete the good things He has started in you.

**READ:**

Philippians 1:6

In your journal, write some memories of times when God has done something for you.

Thank God for all the times you have seen Him moving in your life and thank Him for all the things He will continue to do in your life.

Share with friends and family some things that God has done in your life. Encourage them to share about times when God has moved. Pray and give God praise.

WEEK 2

We can have humility when learning the perspectives and views of those who may be different from us. We should always check our views with Biblical truths and have a Biblical filter.

**READ:**

Philippians 4:8

In your journal, draw a picture of what this verse speaks to you about your thoughts.

Pray and ask God to help you think about things that are "excellent and worthy of praise".

Read this verse to your friends or family and ask them to share what this verse means to them and how they daily live.

WEEK 3

God will fulfill the promises He has made to you. He values rest and wants to restore His followers to a place of strength. Take good care of yourself today.

**READ:**

Joshua 21:44,45

In your journal, write the word "rest" and below write what it means to find rest in the Lord.

Are there promises that God has given you that you need and trust God with? Give them to God and thank Him that you can hold onto His promises.

Read this verse to your friends and family and ask them to share what this verse speaks to them.

WEEK 4

As Christians, spiritual warfare is often fought on the battlegrounds of our minds. Minds that are controlled by the Spirit are characterized by life and peace. Fill your mind with thoughts of God and his Word.

**READ:**

2 Corinthians 10:5

In your journal, write this Scripture and underline or highlight things that stand out to you. What does this verse speak to you?

Ask God to help you with your thoughts and attitudes to line up with His Word and His will for your life.

Talk with your friends and family about what they do when they struggle with their thoughts and what they do to help their thoughts align with God.

August

# Teen Girl

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## PRAY

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WEEK 1

The people you surround yourself with make a huge impact on your confidence. Choose wisely whom you let speak into your life.

**READ:**  
Proverbs 10:11

Write out this week's verse and then draw a picture of what this verse speaks to you.

Thank God for those friends in your life that encourage and support you. Ask God to help you know who to keep close in your life to help you grow in your faith.

With your friends and family, talk about how you can have friendships that are life-giving.

WEEK 2

When we surround ourselves with people who are Christians, we can know our purposes and joy are aligned with each other!

**READ:**  
Philippians 2:1-2

In your journal, list people who encourage you to grow in your relationship with God. Next list people who you are to encourage in their relationships with God.

Pray and thank God for the people you listed. Ask God to speak to you about how you can encourage your friends and family to grow in their relationships with God.

Encourage your friends and family this week. Do something this week to bring a surprise smile to them.

WEEK 3

Love is such an important thing in life. God asks us to love others genuinely and to honor each other.

**READ:**  
Romans 12:10

In your journal, write what it means to you to love someone genuinely and to honor those in your life.

Thank God for the people in your life and spend time honoring the gifts you see in them that God has given them.

How can you intentionally show honor to someone this week?  
Write someone a card, send an encouraging text, or simply tell someone they are loved!

WEEK 4

Elisha saw incredible evidence of God's provision when he was surrounded. Even if a situation catches you by surprise, God already knew and is prepared.

**READ:**  
2 Kings 6:16,17

In your journal, describe what it means to know that God is never surprised by what happens. How does this encourage your heart today?

Thank God that He goes before you and that no matter what happens in this life, you know He is right there with you and will help you find victory.

Share with someone in your life who needs to be encouraged that God is with them.

September

# Teen Girl

DEVOTIONAL

2026

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## PRAY

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WEEK 1

Jesus left us with these words before He left. He promised to leave His peace with us. You never have to be afraid because the Prince of Peace is with you.

**READ:**  
John 14:27

In your journal, write the Scripture for this week and then draw a picture of what this verse is speaking to you.

Thank God that He gives you the gift of peace in your life. Pray over the areas in your life that you need His peace to come into. Allow Him to speak into those things on your mind and heart.

Talk with friends and family about the peace of God and what that looks like in your life.

WEEK 2

The Holy Spirit is a promise from Jesus. Jesus was leaving, but promised to leave a helper with us. This is the Holy Spirit! When you follow Jesus, He lives in you!

**READ:**  
John 14:15-17

In your journal, write what the gift of the Holy Spirit means to you. How does knowing that the Holy Spirit lives in You make you feel and help you?

Pray and listen to what the Holy Spirit is speaking to you. Ask God to guide and direct you during your day.

Talk with your friends and family members about how the Holy Spirit has helped guide and direct their lives. Ask if there are any specific times when the Holy Spirit led them or gave them wisdom. Share a time when the Holy Spirit has spoken to you.

WEEK 3

It's easy to love people that love us, but how about the people who are difficult to love? While we were still sinners, Christ loved us! We can love others because of this.

**READ:**  
1 John 4:19

In your journal, reflect on this verse. How does knowing God loves you change how you interact with others.

Thank God for loving You and ask Him to help you share His love with every person you meet. Ask Him to guide your interactions with people.

Talk with your friend and family members about what they do when they struggle with loving someone. What is something God has spoken to them to remind them to share God's love with every person.

WEEK 4

Christ asked the Church to "wear" love so that we can be bound together with others. This is what brings lasting, true unity. Let God increase your love for others today.

**READ:**  
Colossians 3:14

In your journal, write the word "love." List things you can do this month to share God's love with others. How does doing these things help others know God loves them?

Ask God to speak to you about ways in which you can serve those around you and share His love with them during the holidays.

Talk with your friends and family about what it means to live together in unity. Discuss if this means how you interact with others.

October

# Teen Girl

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## PRAY

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WEEK 1

The Holy Spirit operates in all truth and wisdom as Father God. He does this by helping us hear God's voice and prompting us in God's presence.

**READ:**

John 16:13

In your journal, write the things that God is speaking to you. How is God leading you at this very moment?

Thank God for the gift of the Holy Spirit and for His leading in your life. Pray and listen to the Holy Spirit and what He might be speaking to you.

Talk with a friend or family member about times when the Holy Spirit led them. How did they know when they looked back that it was God leading and directing them.

WEEK 2

What are you rooted in? Let this be a prayer and blessing over you: you are grounded in Christ's love alone. May you know the beauty and strength of His love!

**READ:**

Ephesians 3:16-17

In your journal, draw a picture of what this verse means to you.

Ask God to speak to you about how you need to grow deeper in your relationship with Him. Are there things that have become priorities over your relationship with God?

Share with your family and friends this verse and have them draw a picture of what this verse means to them. Talk about your drawings and the importance of being rooted in God.

WEEK 3

God is mighty and safe. Whenever you have anxious thoughts, you can find refuge and strength in God. He is always ready to help you!

**READ:**

Psalms 46:1

In your journal, write the words "mighty" and "safe." List all the ways that you have seen God was there for you when you needed Him.

Thank God for His strength and that He is always there with you ready to help.

Share with someone younger about a time when God helped you and was with you. Encourage them that God will always be with them and help them. They just have to pray to Him.

WEEK 4

Jesus is above everything and everyone. We need to avoid ungodly people and influences who try to rule over our thoughts and hearts.

**READ:**

Philippians 2:8-11

In your journal, write praises to God that are on your heart.

Play worship music and find a quiet spot away from everyone to worship God, singing praises to Him.

Ask your friends and family to have a night of worship and praise.

November

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WEEK 1

Victory is yours in Jesus Christ. Nothing can come between you and God or overtake you. You are more than a conqueror because of the God who fights for you.

**READ:**

Romans 8:37

In your journal write in big letters "Victory!" List some areas that God has given you a promise of victory in.

Thank God for the gift of Jesus and His love for you. Pray and ask God to help you see victory in those areas that are close to your heart.

Ask your friends and family members what the word "victory" means to them and what it looks like to see victory through Christ and His love in their lives.

WEEK 2

As we are getting closer to Christmas, there is a sweet reminder that we have the victory because of Jesus and the gift we have in Him.

**READ:**

1 Corinthians 15:57

In your journal, list areas in your life that you have already seen God help bring the victory in. How does seeing the past victories give you faith for those areas you need a victory in now.

Thank God for the victory that will be yours. He conquered death itself, so He will help you, too.

Talk to friends and family members about areas they have seen God give victory in their lives. Did the victory look like what they thought, or did it look different?

WEEK 3

God hears your cry for victory today. He sees what you are fighting against. God will deliver you from this battle once and for all. Don't give up!

**READ:**

Psalms 20:6

In your journal, tell God how you feel about those areas in your life that you need a victory in.

Put worship music on and share with God how you are feeling and about those things that you worry about. Allow Him to encourage you and give you strength.

Share with family and friends what you do to encourage yourself to remember God's power and help you not give up. Allow them to share with you what they do.

WEEK 4

Living in God's victory also means living in His peace. With God in complete control, you have nothing to fear. You are an overcomer in Jesus.

**READ:**

John 16:33

In your journal, take those areas that you are needing victory in and write the word "peace" next to them.

Thank God that you can trust in His goodness and in who He is. Ask God to give you peace as you go into this new year to surrender those things to Him and trust in Him.

With your friends or family members, talk about different ways you can have peace this new year. Find someone who will be your prayer partner and encourager.

December